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## **Assessment of Workload of Weeding Activity in Crop Production Through Heart Rate**

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**KEYWORDS** Heart Rate. Energy Expenditure. Total Cardiac Cost of Work.  
Physiological Cost of Work.

**ABSTRACT** Heart rate is one of the accurate means to evaluate the physiological or functional demands of work on the worker. Hence the study was undertaken to know the workload of women in weeding activity. The results revealed that, the total cardiac cost of work while weeding was 6165.87 beats and the physiological cost of work was 14.67 beats/min. The average working heart rate during weeding was observed to be 94.36 beats/min and the average energy expenditure was 6.28 kj/min. Though weeding was performed for maximum, number of days in a year, continuously from morning till evening in squatting position, majority of the women perceived it as light to moderately heavy activity. The heart rate responses showed similar result as far as the classification of workload is considered.

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